

YOU CAN INCREASE YOUR HEART POWER—Peter J. Steincroph, M.D. Doubleday & Company, Inc., Garden City, N. Y., 1958. 381 pages, \$4.95.

This book by Dr. Peter J. Steincroph is a sound attempt by a practicing internist to advise the layman on general medical problems. Much of the discussion is in the form of questions and answers written in a semi-colloquial manner. His suggestions for discussion include imaginary heart trouble, coronary heart disease, arteriosclerosis, high blood pressure, exercise, obesity, sleep, relaxation, alcohol, and faith. The discussion in general is reliable and sound, and the book will be of great value to laymen and probably also to physicians who would like to have advice on simple methods of answering questions from patients. The author is conservative and his data is up-to-date. A typical example concerns his section on "Don't Get Diet Happy," in which he advises obese patients to lose weight, but to go about their reduction sensibly, not cutting out all fats, all proteins, or all carbohydrates. He very properly emphasizes that diets which are deficient in minerals and vitamins make patients drawn and dreary. He also very properly emphasizes, regarding diets in combating arteriosclerosis, that while the medical profession is hopeful we are on the right course, only time will tell.

The book can be highly recommended.

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FLORENCE NIGHTINGALE AND THE DOCTORS—Zachary Cope, M.D., M.S., J. B. Lippincott Company, Medical Department, East Washington Square, Philadelphia 5, Pa., 1958. 163 pages, \$5.00.

Although the life of Florence Nightingale has been liberally documented first by Sir Edward Cook, the "official" biographer, and recently by Mrs. Cecil Woodham-Smith, no treatise, so far as we know, has been specially devoted to her relations with the doctors. Florence Nightingale was an unusual woman with a real vocation, almost in the religious sense, for her work. She was also clearly on the neurotic fringe as witnessed by her withdrawal into invalidism for many years although she lived to be ninety and lost none of her mental acuity. Her life was continuously occupied by associations with doctors, some as friends, some as "bosses" or inferiors, some as enemies. Dr. Cope has documented these relations in interesting fashion with a running tale punctuated by innumerable extracts from Florence Nightingale's voluminous correspondence. For those at all familiar with her life this is a story of intense interest. Dr. Cope has done a masterly job.

ARTHUR L. BLOOMFIELD, M.D.

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CLINICAL ENZYMOLOGY—Gustav J. Martin, Sc.D., Research Director, The National Drug Company, Philadelphia, 1958. Little, Brown & Company, Medical Book Department, Boston 6, Mass. 241 pages, \$6.00.

This short book, edited and largely written by Dr. Martin, is hopelessly out of date. Published in April, 1958, it contains no material more recent than 1955. In a field as volatile and rapidly moving as that of enzymology, such a hiatus means almost total loss of pertinence, and on occasion, of accuracy, as new information refutes previously held beliefs.

The book is divided into several sections, beginning with a consideration of some of the basic aspects of enzyme structure, characteristics of enzyme-substrate combination, rate controlling factors, and other general topics of enzyme activity. This aspect of the picture is covered reasonably well, in reference to trypsin, chymotrypsin, hyaluronidase, streptokinase, and a few other enzymes. There is a further chapter on substrates and optimal conditions for the action of these same enzymes. The heart of the book is a chapter

on the clinical administration of various enzymes, particularly in patients with thrombophlebitis, local inflammations, edema, and other clinical situations. Whereas the general chapters on basic considerations are couched in the most mathematical terms, this clinical chapter is backed by very unimpressive clinical data, including one reference to the "fact" that patients with thrombophlebitis, treated with I.M. trypsin, have an average hospital stay which is 1.5 days shorter than "controls" treated with anticoagulants. No mention is made of untreated controls, or how the two groups were selected.

It is apparent that the book was written to present this chapter on the clinical use of purified enzymes. In order to justify the very misleading title, a chapter has been included on the diagnostic use of serum enzyme activity measurement. Again this chapter is three years out of date. No critical material has been included on the more recent diagnostic enzyme assays, and no succinct summation of the usefulness of older methods given.

In short, I cannot find any useful purpose to which this book might be put. While its first three chapters are well written, they are not new. The rest of the book had better been left undone.

LAURENS P. WHITE, M.D.

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PATHOLOGY FOR THE PHYSICIAN—Sixth Edition, Thoroughly Revised—William Boyd, M.D. Dipl. Psychiat., M.R.C.P. (Edin.), Hon. F.R.C.P. (Edin.), F.R.C.P. (Lond.), Professor Emeritus of Pathology, The University of Toronto. Lea & Febiger, Washington Square, Philadelphia, 1958. 900 pages, 489 illustrations and 12 plates in color, \$17.50.

Dr. Boyd's new book represents a complete revision of his well-known "Pathology of Internal Diseases." He offers us a synthesis of cellular pathology, physiology, biochemistry, and bacteriology—with emphasis on the first field, of course—and is not above introducing brief remarks on symptomatology. His style is lively and his anecdotes and side-remarks usually amusing. As other textbooks of pathology have grown progressively more unwieldy and unreadable, Dr. Boyd's writings have come to shine in comparison. Physicians and medical students will find the book interesting and sometimes rewarding to read, although it inculcates no general principles and, in the main, avoids the problems peculiar to pathology.

L. J. RATHER, M.D.

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CHEMISTRY AND BIOLOGY OF MUCOPOLYSACCHARIDES—Ciba Foundation Symposium—G. E. W. Wolstenholme, O.B.E., M.A., M.B., B.Ch., and Maeve O'Connor, B.A., Editors. Little, Brown and Company, Boston, 1958. 328 pages, 48 illustrations, \$8.50.

Simple carbohydrates combine in living things to form complex polysaccharides that may then be linked with fats, protein, or both, in giant molecules that are among the most interesting and least understood chemically or biologically of all constituents of the bodies of plants and animals.

The title of this interesting symposium suggests that the material discussed would be the amino acid polysaccharide complexes (mucopolysaccharides) but, in fact, it is a survey of the information available about most of the biologically active polysaccharides, many of which have been little studied other than as purified substances.

There is much of importance in this book for biological chemists, microbiologists, and immunologists, and for physicians with a special interest in these fields and in connective tissue. There is nothing of immediate clinical interest or importance although developments in this specialized field will doubtless profoundly alter the practice of medicine in the future.